



# SAFETY AND SELF DEFENSE IN A NEW SOCIETY

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# WHAT WE ARE UP AGAINST TODAY

- A very hostile and unsafe environment for gun owners and those who believe in the rule of law and the constitution
- Those on the far left have radicalized views of the way society should be
- What they create is a state of lawlessness and fear
- For some folks they become prisoners in their own homes fearful to go out and enjoy life

# FOAC IS HERE TO HELP

- This is no way to live and we at FOAC are here to provide you with good solid foundational information and to offer tips so that you can safely navigate through these times
- The elections are basically over and it is matter of tallying up the votes and preparing for whatever comes with the results
- With the holidays coming people are even more fearful to go out and enjoy this very family oriented festive season with due cause and concern

# SAFETY TOOL BAG – OPERATIONAL AWARENESS

- I would like to offer some real tips to help and assist you, just giving you a bit more information to put in your safety tool bag
- This is Part One of a multiple part series that will reflect on how to survive safely in today's environment
- I will share some safety tips that will help you to stay prepared and to avoid troublesome areas or to protect you and your loved ones if need be

# SETTING UP OUR SAFETY RESPONSE PLAN

- So sit back relax and enjoy the ride! LOL
- Back on a serious note; how many of us go to the grocery store and out to other stores and even to the malls? Most of us do!
- How many of us are now hesitant to go out without feeling some sense of hesitation because of how crazy the world has gotten? A lot of us – you are not alone
- We all need to have a safety plan that includes self defense tips

# KEEPING IT SIMPLE

- Create a game plan for each and every time you go out to shop or visit with friends and/or family
- It does not need to be complex just keep it simple
- Here are some tips initially for your safety plan: Let someone know where you are going and for about how long you may be gone. Take your cellphone with you and make sure it is fully charged. If you conceal carry that is great, try to take extra ammo with you if you can and feel comfortable with that

# GOING TO THE STORE – HOLIDAY TIPS

- At the store here are some tips: park as close to the store as possible. Look around prior to exiting your car. Remember where you parked and lock your doors, this happens to a lot of people they come out and look around for their cars and they just can't remember where they park. Park in well lit areas
- Once inside the store keep your eyes open, as you shop look around for emergency exits as these are viewed as escape routes if danger appears. Keep an eye out on who is in the store. The first sign of danger, activate your safety/self defense plan
- If using an ATM machine be aware of who is behind you. There may be someone looking to victimize you

# RESPONDING TO AN EVENT

- Plan for the worst case scenario in your mind so your body can respond quickly if you need to by creating a mental image of how you would respond
- What am I going to do if the ball comes to me? What does this mean?
- The same applies if you are in a mall. Know where the entrances are and where you parked your car if trouble happens get out fast using one of the exits
- Use your auto door fob key if need be to locate your car. When you lock the car it makes a distinct noise or the horn honks. This will help you locate your car fast



# BEING PREPARED VS. BEING PARANOID

- Unfortunately, malls are becoming a less safe place these days. Unfortunately, their idea of security is an unarmed person in a uniform walking around giving everyone a false sense of security
- Remember, when crowds gather the likely hood of someone in the crowd looking to start trouble just because of what you stand for may be looking for a victim
- How we prepare is how we will respond to a security related situation involving our personal safety.

# FORMALIZING A PLAN MOVING FORWARD

- This is a nice start and we will bring another 15 minute segment each and every meeting as a way of sharing ideas on safety plans
- Next meeting we will discuss further being confronted in the home by a would be attacker, then how to survive a hostile crowd encounter
- I look forward to sharing tips that I have used during civilian safety/ self defense presentations and in creating response plans where I currently work

## IN CLOSING FOR THIS SESSION

- Thank you and be safe. Tell your friends about FOAC and how they should join to stay informed. I want to thank the board for giving me this opportunity to share some of my life safety tips with the membership. Be safe! ED